Flaget Senior Center

4425 Greenwood Ave 40211 · 502/574-2831 · metro-parks.org

SPRING 2014

PROGRAMS

Chickasaw Neighborhood Association Monthly Meeting

Third Thursday, 6:30 p.m. FREE

Westover Neighborhood Association Monthly Meeting

First Tuesday, 6 p.m. FREE

Silver Sneakers

Tuesday & Thursday, 10 a.m. Ages 60 and older

Fee: \$10/month

FREE for Healthways members

Arthritis Exercise and Education Class

Monday & Wednesday, 10 a.m. Ages 60 and older FREE

Chess Club

Tuesday, 1-3 p.m. Ages 60 and older **FREE**

Weight Room

Monday-Friday, 9 a.m.-Noon Ages 60 and older Fee: \$10/month

Field Trips on Fridays

Call for times
Ages 60 and older
Fee: Varies depending on trip

Red Hat Society

First Monday of the month Ages 60 and older **FREE**

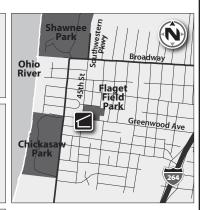


CENTER HOURS

Mon-Fri: 8:30 a.m.-5 p.m.

CENTER STAFF

Manager: Bobby Merideth • Jon Pilbean



CENTER AMENITIES

Exercise Room • Rental Space • Walking Track • Weight Room

